

# Creating a Mentally Healthy City Forum.

***“Creating a Mentally Healthy City where every citizen is supported to achieve good mental wellness and balance to navigate life’s challenges”.***

Health & Adult Social Care (HASC) Overview & Scrutiny Committee meeting, 07.05.2024

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# Mental Health and Wellbeing

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According to the World Health Organisation (WHO), Mental Health is ‘a state of mental wellbeing that enables people to cope with stresses of life, realise their abilities, learn well and work well, and contribute to their community.’ Creating a city that enables this is much broader than the provision of clinical mental health support and requires action across the life course.

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Everyone has Mental Health just like Physical Health and it is equally important!

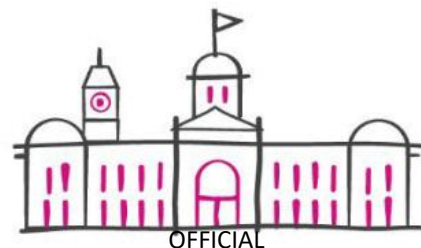
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Mental Health is not defined by presence or absence of a mental illness or disorder.

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A person can have good mental health even with a diagnosis of a mental illness just like someone can have poor mental health without a diagnosis.

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# Background

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Compared to England and the West Midlands region, Birmingham is disproportionately affected by poor mental wellbeing. Currently, there is a higher-than-average prevalence of depression in adults. 21.1% Birmingham against 16.9% England and 17.7% at Region.

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It also has a much greater proportion of people (10.4%) self-reporting a low satisfaction score compared to England (6.1%) and the West Midlands (6.5%).

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According to the Birmingham COVID-19 Impact Survey, by July 2020 more than half (53%) said their mental health had deteriorated since the pandemic started. The impacts on mental wellbeing included bereavement, loneliness, and common mental health conditions, such as anxiety and depression. Through non-recurrent additional funding the Council was able to mobilise 14 interventions specifically addressing these issues.

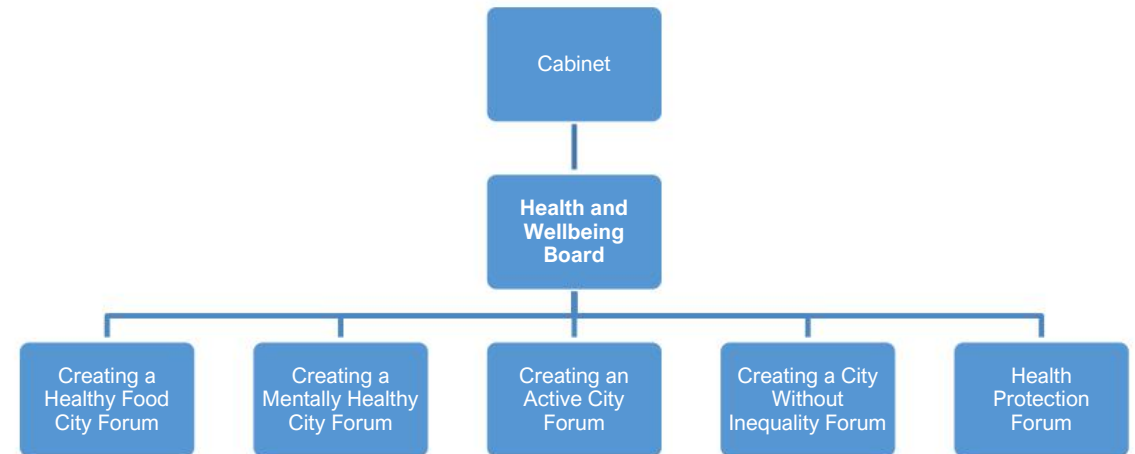
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There are further inequalities highlighted in the Health and Wellbeing (H&W) strategy, within the city with more deprived wards reporting lower resilience and poorer mental wellbeing, particularly in children. Equally, there are inequalities within certain communities, such as the LGBTQ+ community, who face an increased risk of suicide and self-harm.



# Creating a Mentally Healthy City Forum

- The 'Creating a Mentally Health City Forum' (CMHCF) is a sub-committee of the statutory Health and Wellbeing Board formally established in 2019 just prior to the Covid-19 pandemic. The Forum has a focus on developing an evidence-based approach to prevention and the promotion of positive mental health and wellbeing across the city, so every citizen can thrive and achieve their potential.
- The Health and Wellbeing Board through the strategy has set 9 ambitions to be achieved and has tasked the CMHCF with overseeing the delivery of the ambitions of the Health and Wellbeing strategy
- The CMHCF works with partners and organisations including the NHS, academics, voluntary sector, faith groups, and most importantly local communities. This enables coordination and co-production of place-based, upstream approaches to positive mental health and wellbeing, that reduce the need for clinical interventions.
- The Forum meets on a bi-monthly basis and is chaired by the Cabinet Member for Health and Social Care.



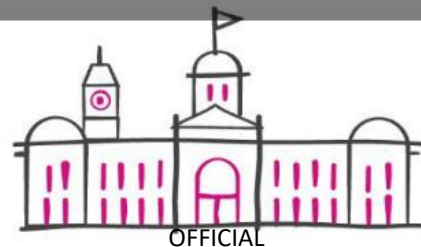
# Chair



Councillor Mariam Khan  
Cabinet Member for Health and Social Care  
Chair of the Birmingham and Health and Wellbeing Board  
Chair of the Creating Mentally Healthy City Forum.



Councillor Rob Pocock  
Interim Cabinet Member for Health and Social Care  
Interim Chair of the Creating a Mentally Healthy City Forum.



# Coproducing a Mentally Healthy City strategy

- The purpose of the strategy will be to lay out the strategic approach required to build a mentally healthy city where people are empowered and enabled to remain well. It will be a document that will be aligned with Health and Wellbeing Board's Priorities and guide the development of a Creating a Mentally Healthy City Strategic Action Plan (The Framework for Action) which will be a living document.
- The strategy will be co-produced and led by members of CMHCF jointly with city-wide partners and citizens to ensure voices from a variety of backgrounds across the City influence its development and delivery.
- Co-production is focused on a relationship in which professionals and citizens share the power to plan and deliver improved outcomes. It is about seeing people as assets with skills and knowledge that they can bring to the table, no longer being a passive recipient of services. This will ensure that professionals, service users and citizens are equal partners in decision making, designing and delivering of the strategy.
- The strategy will be informed by a literature review which will assess the positive and negative impact cities have on mental health and wellbeing and explores the building blocks required to create a mentally healthy city at individual, community and place levels.

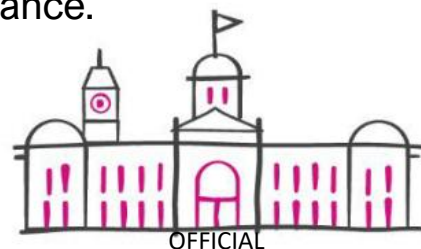


Proposed Timeline



# Suicide Prevention strategy

- With Birmingham's current Suicide Prevention strategy ending, and the new research and priorities laid out in the government strategy, there is opportunity to develop a new strategy which is both aligned to national priorities, and which takes our unique population into account.
- The proposed objective is to have a co-produced suicide prevention strategy and action plan which builds on lived experience, promotes partnerships across the city and explores a new way of understanding suicide prevention across the continuum to best meet the needs of our citizens. The strategy will be refreshed as part of the work underway to develop a Mentally Healthy City strategy.
- A BSol 5-year Coronial Audit has been undertaken and is awaiting validation from the Coroner. The validation has been delayed due to competing priorities in the Coroner's office. The audit combined with local intelligence gathered in collaboration with partners during the coproduction of the strategy, will provide a sound basis and comprehensive understanding of the factors influencing suicide trends.
- The Suicide Prevention Advisory Group (SPAG) which reports to the Creating a Mentally Healthy City Forum (and Health and Wellbeing Board), was set up for governance.



# Other commissioned projects

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The Price We Can't Pay, a 3-month real-time listening exercise via video blogs and written blogs, aims to develop a better picture of the most poorly understood impacts of the Cost-of-living crisis: the impact on mental health. The final report will enable the Council to hear the real voices of a cross section of the population in Birmingham, with recommendations that will inform the developing Mentally Healthy City strategy.

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The overall aim for the 16–25-year-olds Peer Mentoring service is to encourage community wellbeing and cohesion through the creation of a self-sufficient network of support and signposting. Constructing a preventive community lead approach to tackling the challenges faced by specific and wider members of the community ensures they get the support needed on their specific personal journeys.

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Data analysis to understand the needs presenting and trends of usage of the Mind Mental Healthline to inform future prevention work and the development of the mentally Healthy City strategy.

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Mental Health First Aider (MHFA) training for barbers across the City with the aim to train 100 barbers from a variety of communities, with a focus on deprived areas as well as identified Health Inclusion groups across Birmingham, to allow effective recognition, signposting and communication regarding mental health with their clients and community.





# Finances

- All funding is met wholly through the Public Health Ring Fenced Grant:
  - £75,000 has been approved to co-produce the Mentally Healthy strategy.
  - £28,500 was approved for the co-production of the Suicide Prevention strategy and Action Plan strand.
  - The Price we Can't Pay was commissioned at £53,000.
  - The Barbers project has an approved budget of £23,000.
  - The Mental Health and Wellbeing budget for the Children and Young People Peer Mentoring service is £55,000 per year.
  - £33,844 was set aside for the Mind analyst role.



# Equalities

- The ambition of the Creating a Mentally Healthy City Forum is “Creating a Mentally Healthy City where every citizen is supported to achieve good mental wellness and balance to navigate life’s challenges”.
- The Birmingham Community Health Profiles explore evidence for specific communities within Birmingham. The profiles highlight the multi-layered barriers and inequalities faced by each community in relation to their everyday lives and highlight gaps in the existing evidence base and all include detail on Mental Wellness and Balance. The profiles highlight inequalities in access, experience and outcomes.
- Coproducing the Mentally Healthy City strategy will provide opportunity to illuminate and understand the mental wellbeing inequalities faced by our citizens to enable better focused interventions.



# Questions?

